1. What were the positive traits they exhibited?

   Coach Sullivan embodied dedication. His preparation was unparalleled, with an almost genius-level capacity to break down opponents and devise strategies. His sense of humor, intelligence and charisma made all of my practice's lessons couched in motivation. He led straight up, didn't sugarcoat it, but he always gave it to you in a way that gave you confidence. Above all, he cared — whether at personal chats, acknowledging struggles, or just showing up when you needed it most.

2. How did these traits make a positive impact on you?

   His faith instilled my self-assurance to lead. He didn't just put the team on my back — he entrusted me to run it. That kind of faith transforms a player. His recognition very often that I was struggling — whether that was in baseball or basketball — and that I needed support through injuries, disgust with myself, mistakes I made, et cetera — formed very much the way I deal with adversity today. His diligence and work ethic challenged me to play everything — football and life — with the same intensity and intelligence. His blend of hard coaching and legitimate care taught me what leadership looks like.

3. How did this coach help to mold/influence who you are today?

   Coach Sullivan provided life lessons beyond football during his teaching. The principles of mental preparation and hard work taught by my coach established the core methodology I use to face challenges. He taught me to value consistent work and disciplined effort while pushing boundaries through creative thinking. I learned how to lead others through his leadership style which combined intense focus with consistent support. The most important lesson he taught me was that athletic greatness requires more than talent because mindset and resilience combined with growth opportunities create real champions.

4. How do you want to teach your players to be?

   My players must pursue excellence without stopping until they achieve it. I aim to teach my players to combine strategic thinking with passionate play so they become both learners and warriors of the game just as Coach Sullivan taught me. My

coaching will focus on developing hard workers who learn constantly and tackle obstacles fearlessly. I want them to become leaders who recognize success involves not just personal talent but also elevating their teammates. Above all else I wish for them to have a passion for the game while enjoying the hard work and viewing their time on the field as a special gift.

5. What kind of influence do you want to have on them?

   I strive to become the coach players remember even after they have finished playing. The coach who helped them regain self-belief during moments of doubt and who led them to exceed their own expectations while teaching valuable life lessons beyond athletic performance. They should understand hard work as a way of life instead of just a task. I will always speak truthfully with them while holding them accountable and remain their reliable source of support. My goal is to be the steadfast mentor who shapes lives through lasting influence both on and off the field just as Coach Sullivan did for me.